

Wellbeing Workshops

8 free workshops for Gatehouse users hosted by the counselling team - Nicole & Jo

Wed 2 Sept
Mental Health:
What is it?

Wed 9 Sept
Boundaries

Wed 16 Sept
Emotions &
Feelings

Wed 23 Sept
Stress &
Coping

Wed 30 Sept
Relationships
& Connection

Wed 7 Oct
Grief &
Loss

Wed 14 Oct
Self
Esteem

Wed 21 Oct
Self Care
for All

WHEN: Every Wednesday from 2nd September 2026 for 8 weeks, from 5.30pm to 6.45 pm

WHERE: The Gatehouse, 10 Woodstock Road, Oxford in The Meeting Room

- Drop in to any session: no need to attend them all.
- Facilitated by Nicole & Jo of The Gatehouse Counselling Service